Joachim Bartoll's Health and Nutritional

Based on 4 sources

Concept	Category	Definition	Biological Mechanism	Health Impact	Source
Hypercarnivore (Obligate)	Nutritional Concept	A species evolutionarily designed to thrive primarily on animal-based foods like fatty meats, organs, and eggs.	Aligns with human physiology, including high stomach acidity (pH 1.5) and a shorter digestive tract optimized for animal tissue.	Provides bioavailable nutrients identical to human biology, leading to peak vitality and systemic restoration.	[1, 2]
Terrain Theory	Biological Theory	The belief that disease arises from an imbalanced or poisoned internal environment caused by toxins and deficiencies.	Cleansing the internal biological milieu and providing species-appropriate resources allows the body to maintain health.	Resolves 95% of chronic conditions by eliminating root causes like internal toxemia.	[1, 2]
Bioavailability	Nutritional Concept	The degree to which nutrients are absorbed and utilized by	Human body recognizes bioactive animal structures (e.g.,	Ensures the body receives the necessary building blocks	[1, 2]

Good content Bad content